IJARSCT
ISSN (Online) 2581-9429
International Journal of Advanced Research in Science, Communication and Technology (IJARSCT)
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
Impact Factor: 7.301
Volume 3, Issue 13, May 2023

# IoT Based Health Monitoring Device

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***Abstract:*** *If patients aren't given the right care when they need it, their health will be terribly compromised, and a lot of infections could spread. The past few years have made challenging to practise patient observation. As a result, a solution is needed so that doctors can always keep an eye on their patients whenever needed. An answer is anticipated for this with the occurrence of the web of Things (IoT) devices in recent years. The importance of health in our daily lives Researchers and industry professionals will find this paper beneficial in understanding the enormous potential of IoT in the medical domain and identifying significant IoT problems. To attempt to carry out the daily work properly, good health is essential. With the use of smartphones and Internet of Things technologies, this project intends to create a sensor that can be used to track a patient's heartbeat in real-time. In this project, a portable framework is shown that uses a Wi-Fi module to continuously monitor the patient's heart rate, temperature, and various room-related metrics. There is a suggested IoT-enabled smart home and health monitoring system where the permitted personal data may be accessed using any IoT platform and the specific disease is diagnosed by a doctor even at a distance based on the output values received. An easy way to keep track of your blood pressure that is both affordable and convenient. An Internet of Things-based blood pressure monitoring system employing wireless technologies is created by fusing a Node MCU, a pressure sensor, and other Internet of Things principles. The project's goal is to put up a network that will allow concerned parties to access patients' blood pressure measurements from a distance. Results can be accessed on a mobile, tablet,laptop, and other handheld devices using Bluetooth and Wi-Fi technologies.*

***Keywords:*** ESP32, GSM, Blynk Cloud, Node MCU

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